



MSDB Happenings



September 18th, 2013

Letter from Carol Clayton -Bye

Welcome back to another busy year at MSDB. In the Visually Impaired Department we have a few nice changes. Miche' Jarvey is joining us as a teacher. She has jumped in and is learning low vision technology and approached from the other amazing teachers on the team.

We have moved things around in the VI Dept to better meet the needs of students. A new computer lab went in behind the preschool classroom. It includes a variety of technology including a Smart Board which we are excited to see how our students benefit. Next we added a Motor Lab in Aspen Gym to help infuse a variety of skills. Kids will be building fine and gross motor skills with academic and functional abilities. The new teacher work room allows teachers to have all their resources in one area.

And last but not least, Donna Sorenson the Outreach Director has moved her office into Aspen Hall which will allow for some overlapping trainings for teachers and outreach staff. Parents, Please feel free to stop by my office and I will walk you through to see the new changes!

Carol Clayton-Bye

Dates to Remember:

Sept. 21st - Griz game in Missoula

Sept. 27th - Travel Home

Sept 29th - Travel Return



Calendar of Upcoming Events

September

Mon.	Tues.	Wed.	Thur.	Fri.	Sat/Sun
2 Labor Day- No School	3	4	5	6	7/8
9	10	11	12	13 Travel Home	14/15
16 Travel Return	17	18	19	20	21/22 Griz Game
23	24	25	26	27 Travel Home	28/29 Travel Return



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Letter Bethany Hundley

Creating a Calming Environment

As a first year teacher, it's all you can do to keep your head above water as you get to know the students and learn the ropes of teaching (lesson planning, grading, etc, etc.). As a second year teacher, you've begun the process of mastering the basics and you start to figure out how to fine-tune things.

I noticed last year how important environment was to the students. I was often having students come in complaining of the bright lights causing headaches, or they had trouble finding things they needed. This year, I decided to make a conscious effort to create a calming, encouraging environment for my students.

I love the ambience of fabric, so I spent many hours at JoAnn's picking out fabrics to drape over the lights in my room and to cover my bulletin boards. The result has been remarkable! My students have been calmer and more focused, and there have been no complaints of headaches or tired eyes.

One thing to take into account are concerns about the proximity of fabric to lights (in a professional setting, you may need to ask about fire codes); some other options include cellophane covers for florescent lights, or lowering the fabric more than 18 inches from the lights. If it sounds like more than you can do at home, even covering one light will have an impact!

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Counseling Corner

Self Advocacy-

- The social skill of the month is Getting the Teacher's or Adult's Attention. Students need to know how to advocate for themselves when they need help and the communication skills to do so.
- For example, students learn to advocate for themselves in any given situation. Situations where students may need to advocate for themselves by getting their teachers attention include the following: needing to talk to a counselor, see the nurse, call home, and get help on their homework.

Feelings- Monthly theme

- The theme for this month's social lesson is feelings. Students will read literature to learn about their feelings. They will answer own ended questions regarding their own feelings and make inferences about the character's feelings.



Another thing to keep in mind is what colors you are using in your environment. Here are some common colors and their noted effects on mood (infoplease.com):

Red: an emotionally intense color that will speed up heart rate and demand attention

Green: calming, easy on the eyes and reminiscent of nature

Blue: lighter blues stimulate calming chemicals, while harsh blue (or too much) can seem cold and depressing

Yellow: an attention getting color, but not a calming one. People often have trouble controlling their tempers in bright yellow rooms.

What are some ways that you can simply and cheaply adapt your child's environment to make it a more positive place for them to be?

